



PH Hometown News

Volume 3, Issue 1

Jan -Feb 2002

PH POCs

• AFMOA DSN 297

Col Deneice Van Hook 4280
Lt Col George Prascsak 4269
Maj Lisa Pegues 4216
MSgt Mark Mellinger 4340

• ACC: DSN 574

Lt Col Bill Courtney 1268
SMSgt Theron Reed 1294

• AMC: DSN 779

Col Rex Brennan 6336
CMSgt Rich Johnson 6336

• Space Command

Col Don Coates 692-6810
MSgt Phillip Davis 276-0648

• AFMC

Col Judith Holl 787-6728
SMSgt Steve Henry 785-2510 X323

• AETC:

Col Tom Stedman 487-6536
CMSgt (S) Bill Hollowood 554-4153

• USAFE: DSN: 314-480

Lt Col Fred Kelsey 7670
MSgt Therese Huss 2004

• PACAF: DSN: 315-449-

Lt Col Paul Rehme 2332 X 269
SMSgt Mary Gill 1269

• AFSOC:

Lt Col Richard "Joel" Williams
MSgt Brent Fenton 641-5625

• Reserves

SMSgt Patricia Tooley 497-0600

• ANG: DSN: 278-

Lt Col Cynthia Cogburn 8556
SMSgt Shannon Wright 8556

• USAFSAM: DSN: 240-

Col Diana Barnicott 2269
CMSgt Rich Hollins 3766

• CFM CMSgt Jeff Strout

Andrews AFB 857-6720 or
Bolling AFB 297-0235

A Tragic Loss in Our Family: SSgt Jeff Rigdon

Our family has recently lost one of it's valued members. It is with great sadness that we have to say goodbye to a close family member... SSgt Jeff Rigdon (known to many as JR) who recently and unexpectedly passed away while TDY to San Antonio, Texas. He was attending the PH CONOPS course and had finished the first week of the course and had gone out with classmates Friday evening 1 Feb 02 when his life suddenly ended. Our heartfelt sympathy goes out to his wife Maria and his young son Nathan (3 months old at the time of his fathers death). His passing was a devastating shock to all family and friends.

JR was stationed at Seymour Johnson AFB and had varied assignments including Keesler AFB, Mississippi and Howard AFB, Republic of Panama. Lt Col Will Rogers (Medical Entomologist) was stationed with JR in Panama. He recently wrote that JR was truly a most excellent member of our Pub-

lic Health and Medical Entomology Team at the 24th Medical Group, Howard Air Force Base, Republic of Panama. They really appreciated his dedication and hard work. It was a pleasure having him as one of the original members of the first, the only, and perhaps the last base-level Medical Entomology Flight in the United States Air Force. No one can question his professionalism and integrity as he performed his Public Health duties in his efforts to



protect the health and welfare of the men and women who served our nation in Central and South America.

Outside of work, JR knew how to have a good time. He was amazed that he could serve his country in a career field that he truly loved, being allowed to work and play with some great people, and being able to enjoy the paradise that was Panama...and to top it off...getting paid to do it all! JR always had adventures to share such as going to Honduras with Liz Beck on a relief effort after Hurricane Mitch. We will miss his version of those memorable adventures. He really loved the outdoors (especially on the water). SSgt Leticia Johnson (Peterson AFB) was stationed in Panama had some words to share about her friend JR. "One of my fondest

memories of JR was his sense of humor. No matter how upset you were he somehow managed to make you laugh, his laugh alone made you laugh. JR's positive attitude and his willingness to take on any challenge that came his way was inspiring."

His personal family and friends as well as our entire Public Health family have lost a great co-worker, comrade-in-arms, and friend. SSgt Jeff Rigdon...JR...our friend... will forever be in our hearts and minds...he will be dearly missed!



**WITH HEART FELT
MEMORIES**

SSGT JEFF RIGDON



WE MISS YOU

Skunk Works...We have Great People Doing Great Things!



DATELINE: Offut AFB, NE:

A1C Jessica Desroches promoted to SrA BTZ and headed PCS for Dyess AFB in Feb 01.

DATELINE: Lackland AFB, TX: Lt Col Michelle Marshall, Capt Kari Smith, SSgt Allan Munro, SSgt

Lallchan Seunarine, and SrA Qiana Bray recently returned to Lackland following deployments to various operating locations in support of Operation Enduring Freedom.

DATELINE: Sheppard AFB, TX: IDMT Training Initiative--The final CY01 Independent Duty Medical Technician Course graduated in December; 82 AMDS/Public Health partnered with the 882d Training Group to provide hands on PH training to new IDMT's. During 2001, Sheppard PH trained over 100 new IDMT's.

DATELINE: Vance AFB, OK: Dec 01 HSI-PH earned a Best Practice nomination for its Facility Sanitation Trend Analysis database!!

DATELINE Misawa AB, Japan: TSgt Kevin Ward was recently STEP promoted to TSgt. Some of his previous assignments include: NCOIC Public Health Flight, 35th aerospace Medicine Squadron Environment Health Technician, 380th Strategic Hospital, Plattsburgh Air Force Base, NY, from Jul 89 to Aug 94 . He then became the NCOIC Public

Health Flight, 71st Medical Group, Vance Air Force Base, Oklahoma from Aug 95 to Feb 98. His current assignment is as NCOIC Public Health Flight, 35th Medical Group, Misawa Air Base, Japan, where he has been since Feb 98. He is working towards an Associates of Applied Science Degree in Public Health, Community College of Air Force and is enrolled in Sacramento Theological Seminary working towards Bachelor Degree in Theology. TSgt Ward is married to the former Tamara L. Carter of Sacramento, California. They have four children, two daughters, Jozalyn and Ebriannah, and two sons, Mylan and Jeremiah.

DATELINE Ramstein AB, Germany: TSgt Vipawan Miller has been selected to become an officer through OTS. TSgt Miller will become a Communications and Information Officer. Congratulations on

your selection TSgt Miller...PH will miss you!

DATELINE AFPC: The following Public Health Officers have been selected to the rank of Lt Col:

BLAKESLEE, CHARLES H JR

CARR, BRIDGET K

FAGAN, NANCY K

FAY, DENNIS W

HALL, SAMUEL D III

HINTEN, STEVEN R

If I have missed anyone I apologize and will add names in future editions. I had to pull the names from a generic list from AFPC. Congratulations to all...well deserved! We look forward to your increased impact on our career field.

MAJCOM Focus: Colonel Rex Brennan



Colonel Brennan is the one on the left...

Colonel Rex S. Brennan is the Headquarters Air Mobility Command (AMC), Command Public Health Officer and Director of Health Promotion where he formulates and directs policies to manage public health, health promotion, and immunization programs at 12 Air Force Bases and 78 geographically separated units serving the needs of over 155,000 active duty and civilian personnel and over 498,000 dependents and retirees. He advises personnel on deployment medicine, food safety, immunizations, disease control, and prevention program implementation. He serves as the AMC Threat Working Group Medical Action Officer.

Colonel Brennan hails from Dayton, Ohio. He was raised on a small horse ranch in Southern California and went to college at Kansas State University. His previous assignments include: 1968-1971 as an Army, Veterinary Corps, Food Inspection Specialist at the Presidio of San Francisco, California and at Fort MacArthur, California; an eight year break in service to attend Kansas State University for undergraduate and graduate schooling (veterinary medicine). He returned to active duty as a Captain in the Army, Veterinary Corps where he had assignments as Chief, Veterinary Services, Sinai, Egypt; Chief, Combat Service Support Branch and Assistant Chief, Food Technology, Veterinary Sciences Division, Academy of Health Sciences, Fort Sam Houston, Texas; and Officer-In-Charge, Team F, 106th Medical Detachment (Veterinary Service), Osan AB, Korea.

In September 1986, he transferred to the Air Force as an Environmental Health Officer/Public Health Officer. His assignments include: 2d Strategic Hospital (SAC), Barksdale AFB, Louisiana; Director, Food Technology and Safety Branch,

USAFSAM Brooks AFB, Texas; Chief, Military Public Health and AMDS Flight Commander, 24 Medical Group, Howard AFB, Republic of Panama; Chief, Health and Environment and then Command Public Health Officer and Chief, Health Promotion, Headquarters USAFE, Ramstein AB, Germany; and Commander, 82d Aerospace Medicine Squadron, Sheppard AFB, Texas. He assumed his present position as Command Public Health Officer and Health Promotion Director at HQ AMC in July 2000.

His hobbies include spending time with his family, watching his children discover what lies ahead for them. He shares their triumphs and their challenges. For exercise he enjoys walking... he likes to walk real fast everywhere he goes. Many have tried to keep up with him...a real challenge! He enjoys traveling (especially to places he hasn't seen before) and watching movies with good endings. He also has a taste for reading historical books about the trials and tribulations our ancestors.

Colonel Brennan is married to Rak (MiSuk) and they have two children, Olivia, 13 years old and David, 12 years old. In addition, his mother, Shirley, and his mother-in-law, Ya, make up the Brennan family. (See the family photo below from Col Brennan's promotion ceremony).

Some words of wisdom he would like to share with us include:

"Don't set limitations on your potential to succeed or let anyone else set limitations for you."

"Strive to become the best family supporter, the best Air Force leader, and the best citizen you can be. When you can balance your family responsibilities, your responsibilities at work, and your responsibilities to God and Country you will have reached peace of mind during your lifetime."

"To be successful as a leader in Public Health you must be able to juggle twenty balls (programs) continuously. Once you think you are getting good at this almost impossible task you are asked to shift those twenty balls to



just one hand and shift one of the balls to the other hand where you can take a very close look at it (scrutinize the effectiveness of this program). We don't have an easy job, it takes a concerted team effort by dedicated professions to succeed."

Thanks for sharing a small slice of your life with us sir...and congratulations on your promotion this past September!

A proud family man!



BASE FOCUS: ASSIGNMENT ALTUS AFB OK

Things are more than Okay in OK, as the dynamic Altus AFB Public Health team will testify to. Altus is home to the 97 Airlift Wing, "Training the World's Best Airlifters and Aerial Refuelers". Although small in size but big on drive and talents, the Altus Public Health Element strives on maintaining operational readiness, through prevention and health education.

Led by Capt Melinda Eaton from Spanish Fork, UT who enjoys reading and kickboxing. Capt Eaton has been on station since Jul 01 and is scheduled to attend the Feb 02 PHO course in San Antonio. Element NCOIC, MSgt Thomas Donovan, hails from Sioux Falls, SD who enjoys the outdoors and riding his Harley. Some of you may remember Tom from his days back at Eglin or Kadena AB. Altus's newest arrival, TSgt Fredrick Green hails from Gadsden, AL and enjoys working out and reading to his 1 yr. old daughter. TSgt Green arrived on station Sep 01 from

Ramstein AB, Germany. SSgt Michael Melanson originates from Beaumont, TX and is currently deployed to Oman in Support of Operation ENDURING FREEDOM. SSgt Melanson isn't anticipated back until May 02. Amn Danielle Tanselle is from Glendale, AZ and enjoys shooting pool and mountain biking. SSgt Jaun Salazar, Altus's one man stop and shop immunization team, hails from Tucson AZ and enjoys basketball and rooting for the Dallas Cowboys, (go figure). Team Altus just recently said it's fond farewells to SSgt (s) Chin Keomanila as he heads to new challenges and some pretty nice COLA at Yokota AB, Japan. Other past Altus AFB PH members include Capt Randi Hamm who left for Little Rock AFB last August and SSgt Valerie Lloyd who cross-trained to the Command Post last October.

Contrary to belief, Altus is a great base with some phenomenal folks making it happen in the heartland of America.



L - R are Capt Melinda Eaton, Amn Danielle Tanselle, TSgt Fredrick Green, MSgt Thomas Donovan, and SrA Chin Keomanila (PCS'd to Yokota). Not pictured are SSgt Michael Melanson (deployed) and SSgt Juan Salazar (Immunizations).

Final Thoughts...

I was searching the internet and found this excerpt from a web site about managing change. I could not find the author...but this one little bit of information makes real good sense. I share this in an educational sense and wish I could give credit to the writer...

The single most often neglected part of organizational change is a handshake. Yep, a handshake. That's simple -- but the difference between doing it and not doing it means all the difference in the world!

So what is this handshake, and how does it work? It works like any other handshake that we do to consummate a business deal. We shake hands when we buy something. We shake hands when we sell something. We shake hands after a job is offered and accepted. We probably all started our current job with a handshake with our

boss.

In organizational change, the idea is to modify what the company and its employees are doing so that things get better... hopefully for customers, stockholders and, eventually, employees. To make an organizational change happen, people (managers and employees alike) must "change from doing their job the old way" to "doing their job the new way." That change calls for a business agreement between employee and employer. That agreement can only be made on a one-to-one basis... and the handshake consummates the deal!

Most companies doing organizational change are doing a lot of things right. They are explaining the new direction that the company needs. They provide a reason that new direction is important. They even do a pretty good job of involving managers and employees in planning some of the details of that direction. They do a good

job of providing the training needed to be able to do the job in a new way.

But where companies don't do a good job is in changing the agreement with the employee on a one-on-one basis.

Companies try to change employee agreements "in batch" with a whole bunch of them in the same room listening to "a big boss" explain what the company needs "from each and every one of you!" That's an important speech to make, and I wouldn't do away with it... but I would make sure that the speech is followed by a one-on-one meeting between every effected employee and his/her boss. In that meeting it is up to the boss, representing the employer, to ensure that the employee understands the need from him/her to do the job differently. And it's up to the boss to look into the employee's eyes and confirm agreement to do it the new way. It is that agreement that must then be consummated with our culture's symbol of agreement - the handshake! The next time you want to make a change, why not give change a hand!